

KA KILANMET

VOLUME-1

U MAWKORDOR KA JINGIM

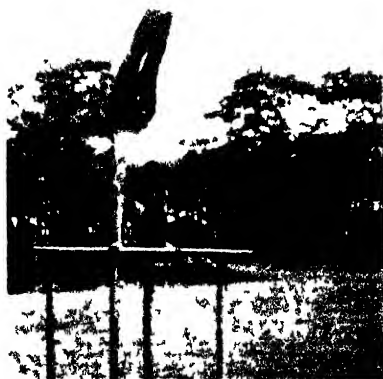


VOLUME-1



VOLUME-2

VOLUME-3



VOLUME-4

**“Tei ia ka met jongphi, tei ia ka ri jongphi”
KA KOT KABA DONKAM KYRKIEH NA KA
BYNTA KI KHUN JONG PHI BAD IA PHI.**

Da u Snenglem A. Kurbah

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Children's Health, Nation's Wealth

KA KILANMET
U MAWKORDOR KA JINGIM

Da
U Snenglēm A. Kurbah

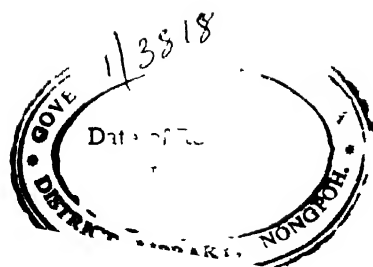
Volume I

Ka Sien shon Banyngkong 1991

**KA KOT KABA DONKAM KYRKIEH
NA KA BYNTA JONG PHI BAD
KI KHUN JONG PHI**

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Ki Kot ki ban sa mih da u juh u Nongthoh

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K H U B L E I

Bah Snenglem A. Kurbah

U NONGTHOH U ONG KUMNO ?
(Kyntien Lamphrang)

Kane ka kot U MAWKORDOR KA JINGIM ka dei ka kot kaba donkam kyrkieh na ka bynta ki KHUN JONG PHI BAD IA PHI. U Mawkordor jong ka Jingim jong nga uba nga la ri kyndong bad sumar khuid man la ka step. Ngam ju suk ha ka jingim jong nga khlem da ioh shwa ban doh ia une U MAWKORDOR KA JINGIM (ka Kilanmet kaba man la ka step).

La Slem bah ba nga kwah ban pynmih pyrthei ia une U MAWKORDOR KA JINGIM, hynrei mynta ruh nga dang lah ban pynmih tang ia ka bynta-1 (Volume-1). Nga kymen da ka jingiarap kyrkhu kyrdoh jong phi ki para-ri ngan sa lah ban pynmih shuh shuh sa ia ka Volume-2, Volume-3 bad ia ka Volume-4.

Ki khynnah kiba la kot ia ka 5 snem karta ki lah ban don hikai ban pynkilanmet ialade hapoh ka jingialam jong kiba la kham san bad kiba la pule bniah ia kane ka kot. Bad kane ka kot U MAWKORDOR KA JINGIM kan hikai ia ki khynnah, ia ki samla bad ia kiba la rangbah ba kin long ki brieve kiba don ia ka met ka phad kaba koit kaba khiah, ban don ka jingmut jingpyrkhat kaba khuid, ban long ki brieve kiba lah ban iai-shah bad kiba iai-neh bad ban long ki brieve kiba shlur bad kiba shemphang.

Ki Rang Samla bad ki Thei samla kiba la kieng atiar halade da une U MAWKORDOR KA JINGIM kin lah ban ia leh pyrshah ia ki jingsniew bad ki jingpynshoi kiba sniew kiba wan ban tynrah ia ki man la ka khyllip-mat, kin sa tynshain kum U Mawkordor ha ka jingim jong ki kaba man la ka sngi, ha kaba ynm don mano mano ruh ba leh ban knieh pat na ki. Tang kito kiba pynshitom ialade kin sa lah ban kheit ia utei U SOH THIANG UBA KIN SA PYRTO HI DALADE IALADE.

Ha kane ka kot KA KILANMET U MAWKORDOR KA JINGIM nga la buh shibun ki dur la jong ban pyrshisha bad ban pynsakhi ia ka jingleh jingkam bad

ban pynshlur ia ki hep barit bad ia phi ki samla samhoi baieid. Nga pynshlur khamtam ia kito kiba lah shim ia ka kyrdan Longkpa Longkmie. Namar bun na ki ki ju kren bynniaw ba lah tymmen, kumta kim dei shuh ban bteng ia jingpynkılanmet jong ki. Hana ba ki lah ioh khun iwei ne ar ngut, kumta kim ioh por shuh ban pynkılanmet ialade. Hynrei kata ka jingsngew ka long kaba bakla bad ka ialam ia phi ban jot noh bad ba phin duh noh ia utei U MAWKORDOR JONG KA JINGIM JONG PHI.

Shikyntien na ka bynta ki Nongiaashim bynta ha ki jingialehkai bapher bapher :-

Ki briew kiba ju shim bynta ha ki jingialehkai bapher bapher, kum ha ki Phut-bol, Basket-bol, ne ki Nongshimbynta ha ki jingiamareh, jingiaryngkoh (Long Jump, Triple Jump, High Jump, Pole Vault) ne ki Nongshimbynta kum ha ki jingiakawang (Shot Put, Discus Throw, Javelin Throw, Hammer Throw, Boxing). Baroh ki Nongialehkai ki don kam ban da pynkılanmet shwa ialade shwa ba kin shim bynta ha ki jingialehkai bapher. Bad ki Nongialehkai ha ki jingialehkai bapher bapher ruh ki dei ban pynmlien ban pynkılanmet man la ka step. Kam long kaba biang ne kaba bha ban shu ia shim bynta beit ha kino kino ki jingialehkai khlem da pynkılanmet shwa ialade.

Don bun ki paralok kiba shim bynta ha ki jingialehkai bapher bapher, hynrei ki bym ju pynkılanmet ialade. Ki pyntngen bad pynshngain halade ba ki dei ki Nongialehkai, kumta kim donkam ban pynkılanmet. Ki ju ong ba shisien ba la ialehkai kim donkam ban pynkılanmet, hynrei kam long kumta, donkam hi ia man u Nongialehkai ba un pynkılanmet ialade man la ka step, khnang ba ka met ka phad kan ym jrem ne jrai, kan ym pang ne sakhrail. U Nongialehkai u lah ban pynwan ia ka met ha kano kano ka rukom ha ka por ialehkai bad u Nongialehkai un ym mynsaw jur haba u kum ur ne kyllon ha ka por ialehkai.

Shwa ba ngan pynkut nga sngewnguh kyrpang eh!ia i Pa jong nga i Ksanbor Aloysius Sunn iba la ai

ka bor ka buit ia nga ban pynmih ia kane ka kot.
Nga pan map bad pan jingmut ruh halor ki lait ki let
naphi ki Nongpule bad ki Nongpyrshang kiba phi lap
ha kane ka kot bad ha ka jingim jong nga.

K H U B L E I

Bah Snenglem A. Kurbah.

KA KILANMET U MAWKORDOR KA JINGIM
(Tei ia ka Met jong phi, Tei ia ka Ri jong phi)

Bah S.A. Kurbah.

Ka Kilanmet ka dei ka jingkyrkhu ia u Briew uba burom bad khein kor ia ka. U briew uba Kilanmet manla ka step kumba 20 minit ne 30 minit un ioh ka met ka phad kaba koit kaba khiah krat bha, Un lait na ki jingpang kiba harukom. U briew uba smat ban kilanmet wat lada un poi ha ka rta kaba 70 ne 80 snem ruh, un ym pat ring tymmen than haduh katta katta. Hynrei u briew u bym ju pynkilanmet pat, u ju ring tymmen kloi wat la ka rta jong u ka dang long tang 50 ne 60 snem.

1) Ka jingshisha:- U Rangbah briew uba la dap 80 snem karta ruh haba u kilanmet man la ka step, u Syngkai, u Budlum, u Ryndang, ki Pungkti, ki Pungkijat ki long kiba khlain bad kiba skhem, ki long ruh kiba lah ban pynphai ne khyrwait kat sha hamon, bad ka met ka phad ka khlain bad ka koit ka khiah bha, bad ka snam ha ka met ka khuid bad ka iaaid bha. U briew u lah ban pynphai kynsan ia la ka met wak wak katba u sngewbit.

2) U Khynnah uba dang 15 snem karta ruh lada um ju pynkilanmet, u eh syngkai bad lada u bakla, u kum ur, kyllon ne hap, u khynnah un mynsaw jur, un lait ka syngkai, khein u shyieng budlum bad kiwei kiwei ki jingma ia u.

3) Sa kawei pat ka jingmyntoi kaba kongsan tam ka long ba u briew uba pynkilanmet bha ialade u nangkham pynjlan shuh shuh ia la ka karta katba u dang im ha kane ka pyrthei. Namar da ka lad pynkilanmet, u briew u koit u khiah krat bha bad um ju kham pang bieje. Ki briew ki bym ju pynkilanmet ialade, ki ju ud pang har-rukum; ki ud pang king khlieh, ki ud pang met, ki ud pang syngkai, ki ud pang jrai, ki ud pang jrem, ki ud pang khmat, ki ud pang shadem, ki ud pang pym lait bha ka kpoh bad kiwei kiwei ki jingpang kiba ym lah ban niew tang hangne.

4) Nalor kata u briew uba pynkilanment u ioh bor, ka met ka khlain bha, u khlain ban bam, u khlain ban trei, u khlain ban ialehkai bad u don ia ka "Bor Iashanslem" (stamina) haba u pyndonkam ia ka Bor,

5) Ngi dei ban long shwa kiba sbun ialade barobor, 20 minit ne 30 minit ban pynlut por na ka bynta ban Kilanmet ban ioh ia ka koit ka khiah kam dei ka jingduh-nong. Lada ngi long kiba khim mynsiem ne khap-nap ialade ban ioh ia ka koit ka khiah, ia ki khun ki kti ruh ngin sa khanglad ban long kiba jaituh ba kin duh ia utei u SOHKSIAK uba kynsai tam ha ka jingim jong ngi. Lada 30 minit ngin tei ia ka met da ka lad Kilanmet kaba manla ka step, ngin tei bad trei ia ki kam baroh ha ka shisngi khambha arshah. Nalor kata ka jingmut jingpyrkhat ka proh bad ka khlain ban pyrkhat.

U briew uba khlain:

Bun ki briew ki don lypa ka bormet kaba khlain, ki lah ban kit ne bah ia u khaw shiborn, hynrei lada kim leh ia ka kilanmet manla ka step kim don jingiapher ei ei ruh na kiwei pat ki para briew. Haoid ki khlain namar lehse ka jingkhlain jong ki ka la shong tynrai naduh kpoh ka kmie, namar ka kmie kaba shemphang ka la pynkhreh lupa ha ka por pun ban sumar bha ia ka met la jong, bad ka ham ki jingbam kiba tei ia ka met, bad ka pyndonkam bha ia ka jingkordor jong ka por thiah bad ka por trei. Kine ki long ki jingmyntoi kiba kongsan jong ka kmie kaba punkhun bad haba ka kha, ka kha ki khun kiba koit kiba khiah krat bha.

U briew u long uba khlain namar ka jingheh met, bad ka jingkhia jong u ka tam arshah ban ia kiwei, hynrei lada un pyndonkam ia ka Kilanmet kum kawei pat ka atiar ha ka jingim jong u, un ioh ia ka bor met kaba khlain shuh shuh. Wat lada ki khynnah ki long kiba koit ba khiah krat ruh, hynrei donkam ban phah kilanmet ia ki man ka step ba kin ioh ia ka jabieng kaba proh bad ka jingmut jingpyrkhat kaba khuid bad ka met ka phad ka long smat ha man ki jingleh jingkam.

U briew uba tlot.

Kham bun ngut ngin shem bad ia kynduh ia ki briew ne ki paralok kiba tlot bad kiba ud pang lynter. Lada kine ki briew kin jin da la pynkılanmet ialade ha ka por ba ki dang kham samla, kin ym mad ne ia kynduh ia kitei ki jingpang. Hynrei donkam ruh ban iai minot ban pynkılanmet wat lada kot shaduh ka karta tymmen. U briew u lah ban jrong tang 5 phut bad ka jingkhia jong u ka long tang 40 kilo, ka bor jong u ban kit ka long tang 25 kilo ha ka jingjingai kaba 15 minit, hynrei lada une u juh u briew un pynkılanmet man ka step kumba 20 minit, tang hadien 3 bnai u juh u briew un kylla nadong shadong bad un khlain arshah. Bad ha kata ka por un kit 50 kilo ha ka jingjingai kaba 15 minit, lehse ka jingjrong un sah kat juh bad ka jingkhia ruh kumjuh, hynrei ka bor ba u la tei ka la pher arshah.

Khie dang step bad pynkılan ia la ka met ka phad, baroh shisngi ka met ka phad jong phi kan khlain bad sting. Phi sngew kumba phi ioh ia ka Bneng haba phi ioh ia ka met ka phad kaba khiah-krat. Kino kino ki paralok kiba don ka jingpang hap shnuih ki lah ban ioh biang ia u shnuih uba bha lada ki smat ban kılanmet ha ki madan phlang ba jyrngam. Iaid da ki kjat suda ha ki phlang jyrngam bad kato ka umjer step kan ai ia phi ka Bitamin kaba pynbha ia ki shnuih jong phi. Bad kino kino ki paralok kiha don ka jingpang jaituh ki lah ban long ki briew kiba smat palat, lada ki pynshitom ialade ban khie dangstep ban pynkılan ia la ka met tang 20 minit. Ki briew kiba don ka jingpang dom-biej ne kiba kloī ban khong khong ne bitar, kin long pat ki briew kiba jai jai bad kiba jem-nud lada kin pyrshang ban pynkılanmet ialade man la ka step.

Hynrei bun sien ruh ngin iohi ia ki paralok kiba pyni jingbitar wat lada ki dei ki Nongkılanmet kiba la rim bha. Balei ? Ka daw ka long :-

- i) Lehse ba kim ioh pynkılanmet ialade ha kato ka sngi.
- ii) Ne kim shym la .jop ha kak kamram iafeh kai jong ki.

- iii) Ki ju kun ia ka jingbitar bad khlem kren brierw baroh shisngi. (Ki ju thmu ban jop biang ha kawei ka sngi).
- iv) Ki Nongkilanmet babha kim ju ia-nia ne ia-shoh.

Don bun ki paralok kiba don ka jingpang sngewtlot ne sngewjrem ne sngewswai. Lada ki pynsmat ia ka met ban khie kham step bad pynkilan ia ka met ka phad, kin lait lut kitei ki jingpang baroh. Don bun ngut ki paralok kiba don ka jingpang tieng-eit (bym shlur) ne ka jingpang Salia kaba ki ju khot ki khynnah rit (salia me) (thait me). Hynrei lada ki dei ki paralok kiba pynshitom ialade ban kilanmet, kin kylla long noh ki khynnah kiba shlur palat, ki bym salia shuh, ki bym ju-thait. Bad haba ki dei ban leit jingleit shaei shaei marwei ruh, kim ju salia ne kim ju-thait. Ki shlur ban leh ia ki kam baroh. Bad dei tang da ka lad Kilanmet ngin ioh ia ka pyrkhat pyrdain kaba khuid.

To tip ia ka jingshisha da kaba phi pyshang ban kilanmet noh naduh mynta.

KA POR THIAH

U brierw uba ju kilanmet u dei ban burom bad khein-kor ia ka por thiah bad ia ka por khie-thiah. Ka jingthiah miet ka pynduna ia ka bor met, ka khate ia ka rta bad ka pynpang ia ka met bad ia ki kynja dohksah jong ka met baroh. U brierw uba kilanmet um dei ban duna ka por thiah la kumno kumno 8 kynta, bad lada u byrtia ha ka jingtrei-kam bad thiah tang 5 ne 4 kynta bad iohnong ha ka jingtrei jong u, pynban u khate ia u Sohksiar jong ka jingim jong u. Ka bor met ka duh noh suki suki bad ka met ka kylla jlep noh lada un khie pat mynstep bad pyndep ia kiwei kiwei ki kam. Lah ban ong ba u 'King of Kungfu' U Brurelee uba la minot than ha ka kilanmet da ki bun kynta ha ka por mynmiet, u ju thiah tang khyndiat kynta, bad ban pyndap ia ka bor met jong u, u bam tang da ka doh bad kiwei kiwei ki jingbam kiba khlain bha ka bitamin. Hynrei ka jingleh jingkam jong u kam biang, namar u pynduna palat ia ka por thiah.

KA JINGBAM DA KA POR

Ka jingbam da ka por bad da ka jingthew ka long kaba donkam, khamtam lei lei ia u Nongkilanmet. Ban bam da ka jingthew ka mut ba ngim dei ban bam palat haduh bym lah ieng shuh, ne ban bam shiteng kpoh khlem da kdang. Hynrei ka jingmut ka long ba ngim dei ban bam khlem sngewthuh lane leh klet ba ngin shu dih sha ne bam ja tang namar ba rung shongkai ha iing ki paralok. Kham bun sien hi na ngi ngi ju ia kynduh kumne. Ynda la dep dih sha na iing la jong, ynda poi shongkai pat ha iing ki paralok ki pynbor dihsha biang, teng teng ngi ia kynduh paralok sa ha lynti ruh ki ia wer bad pynbor ban ia rung dihsha sa ha dukan. Kane ka lad ioh sha ioh ja kam dei ka jingmyntoi ia ka met, pynban ka long ka jingduh jingmyntoi bad ka lah ban pynshitom ia ka met. Haba ngi la dih sha than bun sien ynda ngin poi ban bam ja ha iing, lehse ngim ym lah shuh ban bam kumba dei ban bam. Nalor kata ka jingbam khlem por kan pynlynga ia ka met, bad ynda poi ka por thiah lehse ngin ym lah ban ioh thiah suk.

**U NONGKILANMET U DONKAM IA KA JINGBAM
KABA PYNTEI IA KA BORMET BAD IA KA BOR
IASHANSLEM.**

Ynda la dep kilanmet mynstep donkam ban pynkhreh ka jingdih ka ban tei ia ka Bormet bad ia ka Bor-iashanslem.

i) Pynkhluud ia ka dud kumba ar klat ha u khiew, sa khleh lang ka khi kumba shishamoit heh, tong sa ka Umngap kumba shi shamoit heh, nangta sa king lang bad ar tylli ki pylleng. Haba king ia ka pylleng pyndonkam tang ia ka khangai kaba stem. Kane ka jingdih kan iarap ban pynkhlain shuh shuh ia u Nongkilanmet.

ii) Ka Syrwa dohmasi, doh-syiar, doh-blang lane ka syrwa doh-sniang kaba shet lang bad ki jhur, lane ka syrwa jhur. Kitei ki syrwa ki long kiba ai bor bad tei ia ka Bor Iashanslem jong u Nongkilanmet.

iii) U Shana kulai, u Shana motor, u Rymbai Ja ki long ki jingbam kiba bha eh ia u Nongkilanmet.

iv) Ka Doh ka long kawei ka jingbam kaba tei bor bad pynksah ia ka met. Ka doh ka dei ban long kaba la shet ih bha. Ka jingpyndonkam jong ki musli musla ha ka doh kam da long kaba bha ia ka met.

v) U jhur jyrngam u long uba donkam eh na ka bynta ka met jong u briew, namar u jhur jyrngam u don ka Bitamin 'C'. Kane ka Bitamin 'C' kam ju shong slem ha ka met jong u briew, lada ka met u briew ka don ia ka Bitamin 'C' mynta ka sngi, lashai pat ka la lut noh. Kumta donkam ban bam jhur jyrngam manla ka sngi khnang ba ka Bitamin 'C' kan don ha ka met manla ka sngi. Katba kiwei kiwei ki Bitamin ki shong khamslem ha ka met u briew. U soh u long uwei na ki jingbam uba don bun ka Bitamin 'C'.

Ki jingbam ne jingdih kiba pynmynsaw ia ka met.

i) **Ka jingbam Dumasla bad ka jingdihduma/sikret.**

Ka Jingbam Dumasla bad ka Jingdihduma ka long ka jingmlen kaba sniew kaba pynsniew ia ka

met jong u briew. U Nongkılanmet uba mlien ban Dih Duma u duh noh ia ka bor iashanslem. Ka jingdih duma ne ka jingbam duma ka pynsat tyrha ia ka shadem, kumta u/ka Nongkılanmet ki duh noh ia ka bor met bad ka bor iashanslem. Nalor kata ka pynking ia ka khlieh. Shuh shuh u Duma u pynkharoi ia kiwei pat ki jait jingpang ha ka met bad ka jingtrei ba kongsan jong u Duma ka long ba u Khate ia ka Karta jong u briew. U/Ka khynnah kin ym lah shuh ban pynleit jingmut ha ka pule ka thoh ne ha ka kılanmet lada ki mlien ban bam Duma ne dih duma.

ii) Ka jingdih kiad.

Ka kiad ka dei ka Nongshun kaba sni tam ia u briew khamtam ia ki Nongkılanmet. Ka pynduh noh ia ka bor jingkybmaw, ka khate ia ka jingstet bad ka pynkiuh ia ka met haba la kyrni ia ka. Ka kiad ka pynjaituh ia ka met bad ka pynsiew ia u Klongsnam uba long u bynta ba kongsan tam jong ka met.

Ka Dur Nongdih bad ki jingklumar ba u leh.



Nalor kata, ka kiad ka pynking ia ka khlieh bad ka pynshongshit ia u briew ban leh klumar bad ban kren klumar. Shisien ba ka kiad ka la shongkulai ia u briew ka long kaba jwat pat ban law bad ban lait na ki 'saiteh' saikhum jong ka. Ka kiad ka dei ka Nongpynjot ia ka Longrynieng bad ia ka Imlang Sahlang. Haba u briew u la mlien u kylla myllen ban iai brai ia ka, kumta ka don ka bor ban pynduk ia ka ling ka Sem bad ka wanrah ia ka jingiamai ne jingia kajia ha iing ha sem bad ha ka Imlang ka Sahlang. Ka kloi ruh ban thaw ki jingiashoh iadat bad ka jingiapyiniap.

iii) Ka jingdih Drugs.

Ka jingdih Drugs ka long kawei pat ka pat ka Nongshun kaba kham khraw bad kham khlain ban ia ka kiad. U briew uba la mlien ban dih drug u long u mraw jong ka Snaiap, u phong halade ia ka mgai jong ka jingiap. U briew uba la brai ka dih drug u ialeh katba lah ban pynjngai ialade na la ki bahaiing hasem. Um ju kwah ban trei ei ei, ka bam ruh um bang shuh, u sngewtynnad tang ban ioh mad drugs. Lada un duh drug shisien ruh, u kloi ban leh ki kam sniew ne wat ban pyniap briew khang ban ioh pisa ban thied drug. U briew u raikhoh kum u sna-iap, ki khmat ki jylliew, ka met ka kiu, bad u Nongdih drug u kloi ban pyniap ialade ha kano kano ka por.



Dur sna-iap bad u Drug.

KI KAM BA NGI TREI.

Ki Kam puh kper ne puh pynthor bad ka kam pom dieng ne thlieh dieng :-

U brierw uba puh kper ne puh Lyngkha ne uba thlieh dieng ne pom dieng, u trei ka kam kaba khia shibun. Naduh 8 baje mynstep haduh 5 baje janmiet u brierw u hap dem khui ban pyndep ia ka jingtrei ka long kaba khia shibun. Don kiba kham smat ki am dukhi naduh 5 baje mynstep haduh 5 baje janmiet. Kane ka jingtrei ka ktah eh ia u Syngkai bad ia u Shyieng Budlum, phin shem bun ki Nongrep la ki Rangbah ne ki Samla, ki ud pang Syngkai, pang ka met, pang u Shyieng Budlum, bad lada phah phai kynsan ia ki kin ym lah da lei lei ruh, bad lada ki phai jubor lah ban lait u syngkai ne u shyieng budlum. Bad hadien ba ki la kot ia ka 35 ne 40 snem karta phin iohi ba kila ring tymmen la kum kiba la 70 ne 80 snem karta.

Ka Kam Misteri, ka Kam Kit jingkit bad ka Kam shohmaw:-

Kine ruh ki long ki jingtrei kiba khia bad kiba bam bor, u misteri uba niad rynda, nangta u sa ot dieng, un ioh sngew ia ka jingpang ka Syngkai bad ki tyrpeng bad ka jingtyrsain ha ki khohsiew bad kiwei kiwei ki bynta jong ka met.

U Nongkit uba kit shiborni kaba ka jingkhia ka long kumba 80 ne 90 kilo, ne uba kit jingkit baroh shisngi, un ioh sngew ia ka jingktha jong u Syngkai, u Ryndang, u Budlum bad ki soh ksah jong ka lbong bad kiwei kiwei ki bynta jong ka met. Kum juh ruh ia ki Nongshoh Mawria kin ioh sngew ia ka jingktha jong u Budlum namar ba ki dem than baroh shisngi kin ioh sngew ka jingpang ha ka Syngkai, ki tyrpeng bad ki sla kti bad ha ki dohksah kti. Kumjuh ruh ka kam khleh sorki ka ktah palat ia u Syngkai bad ki tyrpeng haduh budlum.

Kitei ki jingtrei kiba la kdew haneng ki long ki jingtrei kiba khia bad kiba bam bor haduh katta katta, ym tang katta, hynrei ki pynpang pynswai ia ka met. Lada u samla uba dang sdang trei naduh 20 snem karta bad ynda u dap tang 35 snem karta, un sngewthuh ba u la ring tymmen la kum uba la 80 ne 90 snem karta, bad un ud ktha u budlum, ban phai ruh um lah, ban trei than ruh um donbor, bad kiwei kiwei ki jingeh ha ka jingim jong u.

Ki kam kiba shu shong.

Ki kam kiba ngi shu shong kum ki kam Ophis, ki kam niah kali, ne ki kam skul bad ki kam shet jingshet. Kine ki kam kiba ngi shu shong wat lada kim long kiba ngi khih ngi ksar shane shatai, pynban ki ktah hi ia ka jingsohkhrai jong ka met, u shyieng budlum u ktha, u syngkai ruh u thait hadien ba la shong kumba 2 lane 3 kynta. Ka khlieh ka khia jling jling namar ba ban ki kam Ophis, kum juh ruh ia u khyannah skul uba la duriap baroh shisngi ha ki

jingpule bad jingpynleit jingmut. Kumjuh ruh ia ka kam shet jingshet kaba shu shong 2 lane 3 kynta.

KA JINGIADA.

Ki briew kiba trei ia kitei ki jingtrei kiba khia bad lada ki leh kilanmet man ka step, kin dang ioh bor bad ka met jong ki ruh kan ym ring tymmen kynsan, ki lah ban phai wak wak bad ban trei dam dam khlem ioh sngew ia ki jingpang jingktha.

KA DAWAI KHLAIN.

U Nongrep, ne u Misteri, ne u Nongkhleh sorki, ne u Nongthlieh dieng bad u Nongkit jingkit ki trei ki ktah ia ka kam kaba bam bor shibun eh, u syngkai u sei ka bor bah bad u budlum u khyrwait bad kyrshan bad ioh ia ka bor. Khnang ban ym pyntroin ia kabor jong u syngkai bad u budlum ngi dei ban pynkhlain shuh shuh ia ki da kane ka lad Dawai Khlain. Pynshad ia u syngkai pyllun pyllun kumba 2 minit da kaba ieng ha ka juh ka jaka. U Nongrep uba la dem khui ban puh, kumjuh u Nongthlieh dieng, ne u Nongkhleh Sorki, ne u Misteri dieng, ne u Nongkit jingkit ki trei ia ka kam kaba ktah bha ia u Syngkai bad u Budlum. Haden shikynta ki donkam ban pynkila ia u syngkai jong ki. Ka jingiarap kan long kaba khraw tam bad ka dawai kaba bha tam. Da kane ka lad, wat lada u briew u dap 80 snem karta ruh yn ym ioh sngew ia ka jingpang ne jingktha jong u Syngkai ne u Budlum, hynrei un sngew khlain kum ha ki por ba dang samla ne ba dang khlain dang eh. (peit ia ka dur no. (i).

Dur No. (i)

Pynshad ia u syngkai pyllun pyllun da kaba ieng ha ka juh ka jaka.



KUMNO BAN NANG BAN KILANMET HI DALADE

Nyngkong nyngshap dei ban mareh shwa kumba 10 minit ei ei, kane ka dei ka lad ban pynkyndit thiah ia ki thied ki jaw jong ka met baroh, ym dei ban mareh stet, hynrei dei ban mareh suki suki (jogging), hadien kata sa sdang ban kilan-met hi ha madan.

Ka Kilanmet No. 1.

Mareh suki suki

(Jogging)



Ka kilanmet ka sdang ha madan marwei hadien ka jingmareh. Pynshad ia u syngkai pyllun pyllun kumba 20 sien, ynda dep pynshad sha ka diang pynshad sa sha ka mon. Nangta pat sa pynkhih sa da kynriang. (peit kat kum ka dur No.2).

Kilanmet No. 2

Pynshad pyllun pyllun
ia u syngkai.



Kilanmet No. 3

Pynkhih da kynriang
sha ka mon bad sha ka
ka diang.



Hadien ba la dep pynkilan ia u syngkai dei ban kilan sa ia u ryndang, pynphai ia u ryndang sha ka mon wak, sha ka diang wak kumba 20 sien, nangta sa pynshad pyllun pyllun kumba 20 sien, ynda dep nangta sa mied shadien bad pyndem sha khmat kumba 20 sien. Ha kaba nyngkong phin king ka khlieh, ki khmat kin long byrngut khlem iohi shai, hynrei da kane ka lad kilanmet suki suki phin ioh hor bad ka khlieh kan ym king shuh. Ha kaba sdang dei ban leh suki jai.

Kilanmet Ryndang No. 4

Phai sha ka mon wak bad
phai sha ka diang wak.



Kilanmet Ryndang No. 5
Pynshad pyllun pyllun.



Kilanmet Ryndang No. 6
Khmied sha jrong bad
pyndem sha khmat.



Kilanment No. 7



Hadien ba la dep ia ka kilanmet jong u Ryndang dei ban pynbud sa ia ka kilanmet jong ki kti, dei ban pynshad ia ki kti baroh artylli kum ka pakha, sdang shwa na sha khmat nangta sa shadien kumba 10 sien. Phin ioh sngew ia ka jingthait jong ki tyipeng bad phin iohsngew kumba par ka snam ha la kti, da kane ka lad ka snam ka par ryntih bha bad ka kti ka khlain.

Kilanmet jong ka kti No. 8
Pynshad sha-khmat bad shadien.



8 (A)



Hadien sa leh sa ia ka kilanmet jong ka tyrpeng bad jong ka kti bad jong u syngkai ha ka juh ka por. Rah ia ki kti shakhmat ha ka matang kaba 90 degree, sa phai sha ka mon bad sha ka diang kumba 20 sien. Ki kjat ieng beit, pei' kat kum ka dur. (Katba nangmih ki sngi nang pynstet).

Kilanmet jong ka kti,
tyrpeng bad syngkai. No. 9
 Phai bad kti bad tyrpeng
 bad syngkai, ki kjat pat hajuh,
 pynbeit ia ki khohsiew.



Hadien ba la dep ia ka kilan-met jong ka kti, dei ban pynbud sa ki jong ka kjat bad Ibong. Buh ki kti da kaba thain ha ka lyngkdong, ki kjat pyniar kumba shiphut na kawei kawei, nangta sa ieng sa shong kumba 20 sien, katba nangmih ki sngi sa nang pynbun sha ka 30 ne 40 sien ter ter katba phi lah.

Kilanmet No. 10

Ieng shong, ieng shong.



Ban pynkhlain shuh shuh ia ka met baroh kawei dei ban kilan-met da kaba dem pyllup ha madan, kyrshan da ki kti, nangta sa pynbeit ia ki kjat, wanrah ia ki kjat ha pyrshah ka kti, kawei hadien kawei. Leh kumba 40 sien ei ei, kane ka kilanmet ka iarap ia ka Ryndang, ka Syngkai, ki kti, ki kjat bad ia ki kopja jong ka shyrkait bad ka tei ia ka Bor lashanslem. (Stamina).



Kilanmet No. 11

Ban ioh bor shuh shuh u syngkai dei ban thiah da lyndang, khyllie ia ka khlieh bad pyndei ia ka khlieh ha ki khohsiew, ha kane ka por dei ban pynbeit bha ia ki khohsiew. Ha kaba nyngkong phin iohsngew ia ka jingpang ne tyrsain ha ki thliew khohsiew namar ki thied ki ia pyrkhing. Pyrshang ban leh kumba 20 sien bad pynbun katba lah katba nangmih ki sngi. Tang hapoh shitaiew ka jingpang ne jingtyrsain kan jah noh bad phin sa lah ban pyndei ia ka khlieh ha ki khohsiew khlem jingpang ei ei shuh.

Kilanmet No. 12.



Ban pynjah ia ki jingtyrsain jong ki thied ha ka khohwah, Ibong, ne khohsiew bad jong ki sla kjat, dei ban leh kilanmet da kaba shong khylliap shiliang ka kjat. (Leh kumba 10 sien shiliang)

Kilanmet No. 13
Thiah shadien bad
dem shakhmat.



Ban pynkhlain ia ki tyrpeng, ki ksang kti bad ia ki ryndang kti, dei ban kilan ia kine ki bynta. Kyrshan da ki kti ha madan bad rah ia ka met, nangta sa pynhap biang (leh kumba 20 sien).

Kilanmet No. 14

Dem pyllup kyrshan da ki kti.



Ban pynkhlain shuh ia u syngkai bad ia u shyieng budlum donkam ban pynkhun kum ka Ryntih, dem khohsiew, nangta pynbeit ia ka met, rah ia ki kti sha jrong, sa pyndei ki kti ha sla khyndew. (Leh katba phi lah).

Kilanmet No. 15

Dem khohsiew, ki kti sha jrong sa pynthiah suki suki sha jan sla khyndew.



Ha ka juh ka rukom dem khohsiew, kyrshan da ki kti shadien da kaba bat ia ka ryndang kjat, sa pyndei ia ka khlieh ha madan. (leh bun sien).

Kilanmet No. 16



Ban khlain ban rypsied kum ka miaw pat, dei ban kynthih ar-kjat da kaba pyndei ia ki khohsiew ha ka shadem, pyrshang ban kynthih 10 sien.

Kilanmet No. 17

Kynthih ha ka juh ka jaka da kaba pyndei ia ki khohsiew ha shadem.



Ban ioh ia ka Bor Iashanslem leh da kaba padai ia ki kjat shakhmat kawei shadien kawei, ki kti pat bat ha syngkai. Kynthih kumne kumba 50 sien phin ioh sngew ia ka jingthait bad ka jingpyrkhing ha ki khohwah.

Kilanmet No. 18.



Ban kham pynkhlain shuh shuh pat leh da kaba padai ia ka kjat kawei shakhmat kawei shadien, kumjuh ia ki kti, hynrei leh ha ka juh ka por, lada ka kjat ka diang ka don ne hap shakhmat, ka kti ka mon ruh kan padai shakhmat, lada ka kjat ka mon ka padai ne hap shadien, ka kti ka diang pat kan padai shadien.

Kilanmet No.19.



Kilanmet No. 20.



Da kaba pyndei lang ia ki kti para kti, ki kjat
para kjat ha ka rukom ba kynthih ka iarap ban
pynthait ban ioh ia ka Bor Iashanslem.

Kilanmet No. 21.



Ban pynlong ia u syngkai uba jwat, thiah da lyndang bad rah ia ki kjat sha neng jong ka khlieh, ia leh ban pyndei ia ki kjat ha khyndew. Ka met ka long kumba khylliap kum ka Nap, ha ka juh ka por wan rah biang ia ki kjat da kaba thiah pynbeit.



Kilanmet No. 22.

Ban ioh ia ka Bor ha u Thied Sohpet bad jong ka kpoh dei ban thiah da lyndang, nangta sa rah ia ka kjat bad pynkhih kawei hadien kawei kumba khap khainshi.



Kilanmet No. 23.

Ban pynjwat ia u syngkai bad ia u shyieng budlum donkam ban tyllun kum ka Bol, ialeh katba lah ban ym pyndei ia ka khlieh ha madan, buh shwa da ki kti, pynkdor ia ki khohsiew nangta sa tyllun sha khmat.



Kilanmet No. 24.

Ban ioh ka jingkhlain jong u Ryndang bad ka jingjem syngkai, dei ban tyllun da dien da kaba pyndei shwa ia ki kti ha madan, bud sa ka khlieh, nangta bud sa ki kjat, leh da kaba pyndait lang ia ki kjat (tyllun kumba 10 sien). Kane kan iarap ban pynduh ia ka jingking khlieh. Haoid, ha kaba nyngkong ka khlieh kan king bad haba ieng phi lah ban kyllon, hynrei da kaba ia kilan kumne ka jingking khlieh kan jah syndon.

Kilanmet No. 25



Nangta pyrshang ban pynkilanmet da kaba ieng ha ka juh ka jaka, sa pynbeit ia ki kti kawei sha mihngi bad kawei pat sha sepngi, nangta sa shad pyllun pyllun kum ka latom ha ka juh ka jaka, phin iohi ba ki dieng ki siej lane ki iing ki sem kiba don ha sawdong jong phi ki shad pyllun, pyrshang ban ym kyllon ha ka por ba phi pynsangeh ia ka jingshad.

Kilanment No. 26.



Pyiar ia ki kjat kumba shikam heh, ieng ha ka juh ka jaka, sa wanrah ia ka kti ka mon sha ka kjat ka diang, kumjuh ia ka kti ka diang. Kane ka Kilanmet ia iarap na ka bynta ban pynkhlain ia ka shadem bad ia ka Syngkai.

Kilanmet No. 27.



Ieng kat kum ka dur, sa dem ka khlieh sha khmat bad shadien, ki khohsiew pynbeit, ka kti ha syngkai, pyrshang ban leh bun sien.

Kilanmet No. 28. (a)



28. (b)



Ban pawang ia ki kjat sha jrong dei ban ieng kawei ka kjat shakhmat kawei pat shadien, rah ia ka kjat ba nadien kynting shakhmat pyrshang ban pynkot kat ka rynieng la jong. Kawei ka kjat kaba kyrshan ia ka jingkhia jong ka met kan ym khih ne kynriah shane shatai. Kylliang kawei hadien kawei.

Kilanmet No. 29.



Pyrshang ban padai ia ki kjat da kaba ieng ha ka juh ka jaka sha ka liang ka mon ne sha ka liang ka diang jong ka met. Lah ban leh ia kane ka kilanmet da kaba shu ieng ne da kaba shu kynthih.

Kilanmet No. 30.



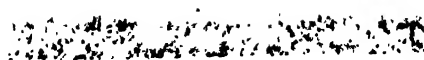
Ka kilanmet kaba pynkhlain ia ki tyrpeng, ki ksangkti bad ia u syngkai, dei ban pyrshang ban ieng da ki kti lane pynshaniah ia ki kjat ha ka kynroh, kan bha phi pyrshang ban pynmlien ban ieng khlem buh jingkyrshan. Ka madan phlang ka long kaba biang eh ban leh ia kane ka kilanmet. Ynda ka met ka la neh ieng, pyrshang ban iaaid da ki kti, ynda haba ki kti ki la khlain kin sa lah ban kit ia ka jingkhia jong ka met ha ka jingjingai kaba 50 phut wat haduh 100 phut ruh. Kane ka kilanmet ka long kaba sngewtynnad bha, ngi ju mareh da ki kti ha ka jaka jong ki kjat ha ka jingjingai kaba 100 phut.

Kilanment No. 31.

Ieng bad iaaid da ki kti.



31 (A)



Ka kilanmet da u tyllai ka long kaba donkam bha, ka iarap ban tei ia ka bor iashanslem bad ka pynsting ia ka met. Pynshad ia u tyllai pyllun pyllun bad kynthih ki kjat, pyrshang ban kynthih shiliang kjat ruh.

Kilanmet No. 32. (a)



32 (b)



Ka rukom kilanmet kaba sdien ha u dieng (peit kat kum ka dur) ka tarap ban pynksah bad pynkhlan' ia u thied Sohpet bad ia ki bynta jong ka kpoh. Lah ban shna ia une u dieng kilanmet ha ka jingrong kaba tang 6 phut. Lah ban snoh da ki kjat ne da ki kti.

Kilanmet No. 33



Ka Kilanmet kaba pynkhlain ia u Thied Sohpet bad ia ki ksah kpoh donkam ban pynkhun kum ka jingkieng kaba khlem paia na pdeng, kyrshan tang da ki kti bad ki kjat, kyrshan kumba 30 second haduh shimit.

Kilanmet No. 34.



Ka rukom kilanmet ban pied ia ki kjat, (peit kat kum ka dur) nangta sa pyndei ia ka khlieh ha rum khohsiew, kane ka rukom kan iarap ban lah ban phai stet, pyrshang ban leh bun sien, pyrshang ban kylla sha ka diang bad sha ka mon da kaba shu pynphai ia u syngkai.

Kilanmet No. 35



Kyrshan da ka tymbuit bad ka sla kti, ki kjat sha jrong, wat buh ia ka khlieh ha madan, pyrshang ban pynneh kumba shiminit ne ar-minit. Kane ka kilanmet ka pynkhlain ia u shyieng tyrpeng, budlum bad ia u syngkai.



Kilanmet No. 36.

Katba nangiaid ki sngi bad ki por, ka met ruh ka la nang khlain bad ki dohksah ki tei ha ki bynta jong ki met baroh, ki jait pa ki jait rukom kilanmet kiba ngi leh ngin ioh ia ki ksah bad ka bor ha man ki bynta bapher jong ka met. Ynda haba ka met ka la khlain bha, pyrshang ban ieng tang da kawei ka kti ban kit ia ka jingkhia jong ka met baroh. Pyrshang ban pynneh kumba 3 ne 4 second.



Kilanmet No. 37.

Ieng tang shiliang kti.

kat kum ka dur u Nongkilanmet u pyrshang ban
 pied ia ki kjat, shwa ban pynkilan ia ka met kumtei
 donkam ban pynkhluid shwa ia ka met, ynda haba ka
 met ka la sngewkhluid sa pyrshang ban pynkilan ban
 pied ia ki kjat. Ka long kaba mynsaw lada pynkilanmet
 kumtei khlem da pynkhluid shwa ia ka met. Ha kane
 ka kilanmet phin iohsngew ia ka jingpang bad
 jingtyrsain ha ki khap lbong (shyrkait) Wat leh jubor
 hynrei pynmlien ban leh suki suki.

Kilanmet No. 38.



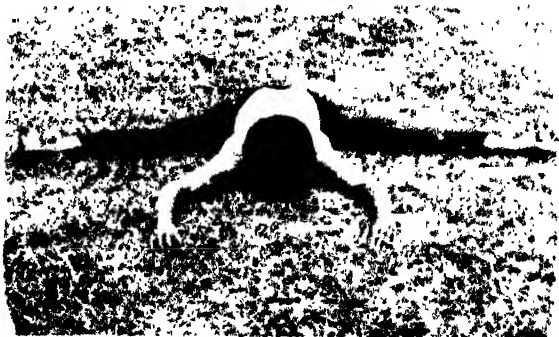
Ha kane ka dur kaba 39, u Nongkılanmet u la kham pyniar ia ka jingpied ia ki kjat, donkam ban long u iai-shah bad minot ban jop ia katei ka rukom kılanmet.

Kılanmet _No. 39.



Katba nangmih ki sngi bad ki ia, u Nongkılanmet u nangkham pyntbit ialade da kaba iai minot ban piar lut ia ka jingwan jong ki thied da kaba shong syndon ha madan, nangta u dem shakhmat bad pyndei ia ka shadem ha madan, ynda haba ka met ka la wan ka jingpang ne ka jingtyrsain jong ki thied Ibong kam don shuh. U samla uba lah 20 snem karta ruh u lah ban sdang ia kane ka kılanmet da kaba minot. Ym baroh ki khynnah rit kiba lah ban pynkılanmet ialade kumba la pyni ha kane ka dur. Lah ban don katto katne ngut ki khynnah rit kiba lah ban leh ia kane ka kılanmet namar ba ki jem, hynrei lada ki leh ia kiwei kiwei pat ki kılanmet kum ba ieng da ka khlieh, ne ieng da ki kti, ne iaid da ki kti, kin shem shitom shibun, namar ka met ka donkam ruh ia ka bor ym tang ka jingjem.

Kılanment No. 40.



KA KILANMET KA JINGMYNTOI IA KA MYNSIEM
BAD KA PYNBHA IA KA PYRKHAT PYRDAIN.

Ia u briew la thaw ha ka dur jong ka met ka phad kaba ngi lah ban iohi, kumta ha ka met u briew la bsut ia ka BOR PYRKHAT PYRDAIN. Lada u briew u don ka met ka phad kaba khlain, hynrei um don pat ia ka bor pyrkhat bad ka mynsiem, u long kum u mrad khlaw. Lada u briew u don tang ia ka mynsiem hynrei ym don ia ka met u long u kynja mynsiem (angle) uba ngim lah ban iohi. Kumta ha u briew ki don kitei 3 tylli, (i) Ka Met (ii) Ka Bor pyrkhat (iii) Ka Mynsiem. U briew u im da kaba ring mynsiem ia ka lyer khuid (oxygen), lada set noh ia ka khmut bad ia ka shyntur jong u briew, tang khyndiat por un iap namar um ioh lyer.

Kumta ka kilanmet kaba ia dei ban pynkhuid ia ka met shapoh kum ia ki Tor, Klong bad ki bynta ba shapoh jong ka met baroh dei ban ring mynsiem ia ka Lyer Khuid. Ka kilanmet da kaba ring bad pynhiar mynsiem ka iarap ban pynkhuid ia ka met. Ka lyer khuid ka thang lut ia ki khniang jingpang kiba rit kiba ngim lah ban iohi da ki khmat. Haba leh ia kane ka kilanmet Ring Mynsiem bad Pynhiar mynsiem, dei ban leh ha ki jaka ba lah ban ioh ia ka lyer khuid khamtam ha ka por mynstep. Ring ia ka lyer khuid da ka khmut bad pynhiar mynsiem lyngba ka shyntur, pyrshang ban leh bun sien katba lah. Kane lad iarap ban pynmih noh ia ka lyer jakhlia kaba don ha ka met u briew. Kat kum ka dur u Nongkilanmet u dem shakhmat ha ka matar.g kaba 90 degree ban kham pynsuk ia ka lyer khuid ba kan rung bad ba ka lyer jakhlia kan mih.

Kilanmet Ring bad
pynhiar mynsiem. (ii)



U briew uba kilanmet man ka step u don ka jingmut jingpyrkhat kaba khuid kaba proh, u kloi ban shem jingmut ia kiei kiei, kum ha ka trei ka ktah, ka pule ka thoh, ha ki jingialehkai bad u koit u khiah, bad haba peit lah ban ithuh ba u dei uba smat ba sting. Nalor kata ka Kilanmet ka iarap ban ym Dom bieje, u briew u long jai jai ka jingmut jingpyrkhat, u slem ban bitar, u shai ban pyrkhat ia kaba bha bad kaba sniew, u briew u lah ban IADA IALADE na ki jingpynshoi ki lok ki jor, la ha ki kam awria, ne ki kam jakhlia, hynrei lada u leh ruh ka long tang ka jingbymbanse. Lada u kwah ban pynkhlain shuh ia ka Bor Pyrkhat ban ym shah pynbieje, u dei ban pynkhlain ia ka jingpynkilanmet na ka 40 minit sha ka 60 minit man ka sngi. Ka jingshisha phin shem ba ha u briew uba khlain ban Kilanmet u don ia ka MON BAJWAT HALADE.

Kumno ban ioh ia ka Mon Bajwat Halade.

U briew uba don ka ka MON BAJWAT HALADE u don ka bor pyrkhat pyrdain kaba biang, shisien ba u la rai ban ym leh ia kaei kaei ka long thik kumta, bad shisien ba u la rai kut ban leh ei ei ruh, kan long thik kumba u la thmu. Bad ym ju kham lah ban pynbieje ne shalai ne thaw buit ban pynngop ia u briew uba don ka MON BAJWAT HALADE, bad ia kane ka MON BAJWAT HALADE ngin ioh tang lada ngi KHEIN KOR IA KA KILANMET HA KA POR MYNSTEP bad man la ka step ym duna ia ka 40 minit haduh 60 minit.

Nuksa peitngor (i) Phin shem barobor ia u khynnah ne ka khynnah, ne wat kiba la rangbah ba ki khoi khoi mynsiem, ki kloi ban dombiej bad bitar kulmar khamtam haba kila bun kam. Ym tang katta, ki long kiba lehrain bieje, ki kloi ban ngop ha ki jingpynshoi jong ki paralok kiba sniew, kum ki kam awria kiba pynpoh dor ia ka Longbriew ka Manbriew la jong. Tharai u paralok u ia wer ban ia khalai, tang kumta hi ki kloi ban pynsngewbha ia la u paralok ba

ioh u sngewsih, hynrei katba ki dang iaid ki por ka jingmut jingpyrkhat pat ka la nangmlen bad myllen bad bang bha. Kham bun sien ngi ia kynduh ruh ia ki paralok kiba dih kiad, ki tang shu ia wer ia ngin ia mad tang khyndiat namar ba dei ka sngikha ne ka sngi-khawai jongno jongno ha iing, kumta hi ngi la noh mon sngewbha sha u lok, namar ka long ka burom ia u, hynrei katba nangmih ki sngi ka jingmlen ka pynmyllen ban kyrni sha ka jingbrai bad ka dih bhor mutlop. Hynrei kine ki juh ki briew lada ki kilanmet man la ka step kumba 30 minit, tang hapoh 3 bnai kin thanda shibun, bad lada ki nangslem bad bang ban kilanmet kin ym sngewtynnad shuh ban pep ban kilanmet, kin sa nangkwah ban pynkilanmet na ka 30 minit sha ka 40 minit bad suki suki kin sa ioh ia kata ka MON BAJWAT HALADE, bad tang khyndiat bnai ki la pher bak-ly-bak bad ka jingim jong ki kan long ka pyrthei kaba shai bad kaba phymai.

Shisien ba U/Ka khynnah ne U/Ka Rangbah ki la ioh ia kata ka MON BAJWAT HALADE, ka long kaba shitom ban pynbiej ne pynbang ba kin ngop ha ki kam awria jong ka jingsniew bad jingjot. Ha ka juh ka rukom ngi shem ba kine ki juh ki briew kiba kilanmet ki don ia ka pyrkhat pyrdain kaba kham iar bad kaba kylluid.

Nuksa peitngor (ii) Ki briew kiba kilanmet ki long barobor kiba lung pynsiem bad kiba jai jai. U briew u lah ban don ia ka dur khmat kaba i khain kum u kyndad, hynrei ka jingjai jai ka mynsiem ka don pat ha u. U briew uba don ka Iktiar halade u da ap ia ka por. Lehse ngin shem bad ia kynduh ia ki samla kiba khor ktien, ne ki bym ju map ban rek rek wat da ka kti ruh, hynrei kine ki long tang ki samla kiba hapoh ka 25 snem karta, ym tang ki samla, wat ki rangbah ruh ngin shem bun sien, hynrei kine ki samla ne ki rangbah lada kin jin da la hikai kilanmet ialade naduh ba ki dang kham rit, kin pher ka jinglong jong ki, kin don barobor ia ka bor pyrkhat ban iai-shah. Lah ban kilanmet wat lada ka karta ka la kot ia ka 50 snem karta. Kito ki tymmen kiba la kot ia ka 80 ne 90 snem karta ruh ki lah ban pynkilanmet ialade

ban pynthanda ia ka jingmut jingpyrkhat jong ki. Ka Kilanmet na ka bynta ki tymmen ka long 'KA JINGIAID KAI STEP' bad ka 'KILANMET RING BAD PYNHIAR MYNSIEM'.

Nuksa peitngor (iii) :- Ki briew kiba kilanmet man la ka step kin ioh ia ka bor-met kaba khlain bad kaba koit kaba khiah krat bha. Ka jinglong ka met ka pher bad ka skuin bha ban pynhun ia ka * JINGLONG SHYNRANG NE JINGLONG KYNTHEI*. Kane ka jinglong jong ka met ka dei ka jinglong tynrai ba buh U Blei, hynrei ki Nongkilanmet pat ki nang ioh bor shuh shuh lyngba ka jingkilanmet jong ki kaba man la ka sngi. Ha u Nongdih kiad uba la myllen man la ka mied u don ia ka juh ka * JINGLONG SHYNRANG KABA PYNKHLAIN IA KA JINGSKUIN HA KA MET, hynrei ha u Nongdih katei ka BOR JINGSKUIN JONG KA MET KA KHAM TAD DOR SHIPHEW SPAH SHAH. Katba ka BOR JINGSKUIN JONG KA JINGLONG SHYNRANG NE JINGLONG KYNTHEI KA KHAM KORDOR SHIPHEW SPAH SHAH HA KI NONGKILANMET. Baroh ki briew ki don ia katei ka jinglong shynrang ne jinglong kynthei ha ka met kumba la buh U Blei, ki don ruh kiba pyndonkam da ki kynja dawai ban kham pynkhlain ia katei ka jinglong shynrang ne jinglong kynthei (sex sensativeness), hynrei baroh kitei ki rukom leh ban pynkhlain ia :a Jingskuin Jinglong Shynrang ne Jinglong Kynthei (sex) jong ka met ki long kiba shu bynrap, hynrei ka jingskuin jong ka Jinglong Shynrang ne Jinglong Kynthei ha ki Nongkilanment ka long kaba dap kaba biang bad kaba pura. (Natural Clinic).*

Ban shem ia ka jingshisha jong ka jinglong (Natural ne Artificial) ngi lah ban shim nuksa ne peit nuksa ia u briew uba dih kiad bad uba kilanmet. Ynda kine ki briew kin ioh khun, ngin shem ba i khun iba kha na u Nongdih i heh i san tangba ka jingdap jingbiang jong ka bor pyrkhat pyrdain ka duna bad ka dulin. I khun iba kha na u Nongkilanmet pat i heh i san i koit i khiah krat bha, bad katba nangmih ki sngi ki ia, ka jingmut jingpyrkhat jong i

ka nangproh nangproh, bad ka bor pyrkhath pyrdain ka nangjylliew jylliew.

Kuksa peitngor (iv) :- Ka jinglong shynrang ne ka jinglong kynthai ha ka met jong U/Ka Nongdih ki long bynrap (Un-natural clinic) bad ia katei ka jinglong (Jingskuin) ki long ki bym lah ban iada ne ba lah ban Control, ka jingmut jingpyrkhat ka ngam jylliew tang ban pynhun ia ka jingskuin jong ka met. Katba ka jinglong shynrang ne ka jinglong kynthai ha ka met jong U/Ka Nongkylanmet ka long kaba dap kaba biang (Natural Clinic), kane ka jingskuin jong ka met ha si Nongkylanmet ka long kaba lah ban iada, (kata ka mut ban ym long kiba kangar) namar ha u briew ne ka briew kiba khlain ban kylanmet ki don ia ka MON BAJWAT HALADE ban iada bad ban pynthanda ia ka JINGSKUIN jong ka met. Lada ki Nongkylanmet ki bym pat don ia ka MON BAJWAT HALADE ki dei kito kiba kylanmet tang khyndiat minit ne kiba kylanmet tang shisien ne arsien shitaiew, ne kiba kylanmet shitaiew ki pud noh pat shibnai, bad ka jingkylanmet jong ki ruh kaba khlem da pynlut ia ka Bor pyrkhath (power of concentration), kine ki briew ki lah ban hap ha ka AHOR jong ka JINGTROIN khlem pat da phohsniew bha.

U BRIEW UBA DON KA MON BAJWAT HALADE.

Ha u Nongkylanmet uba la don ia ka MON BAJWAT HALADE, ka Jingshlur ka nangrung man la ka sngi ha ka Bor pyrkhath pyrdain jong u kaba man la ka khyllip-mat, bad katba dang iaid ki sngi ki ia, ka Jingshlur ka nangkhlain nangkhlain ban ksoh, bad ka Bor Pyrkhath pyrdain ban long uba lah ban lai-shah bad Jem-nud ka nangjylliew jylliew. Ka mynsiem Iatiplempat ka nangshemphang shemphang bad ka Jingjynsur mynsiem pat ka nangbha nangbha.

KA BOR BAD KI KAM PHYLLA KA KILANMET.

Ha u briew uba la don ka MON BAJWAT HALADE u nang pynjanai shuh shuh ia ki rukom kylanmet kiba man la ka sngi. Lehse kan don kawei ka sngi kaba um lait ban leit pynkylanmet ne un hap leit

jingleit dang step, u Nongkılanmet um sngew suk hapoh ka jingmut jingpyrkhat jong u, u sngew ba u khlem pyndep ia kawei ka kam kaba kongsan tam, un sngew sahnud ba u khlem ioh pyndep ia ka kılanmet.

Ki Kam Phylla (i) :- Don bun ki khynnah ne ki rangbah kiba ju rkhié bieé, ne kiba shapaid than haba ia khana ne ia biria, don ruh kiba heh tang ka niakai, don ruh kiba bun ka kyntien sih ban ia ka kyntien bha haba ia biria kai. Kaba phylla ka long ba lada kitei ki juh ki briew kin pynkılanmet ialade man la ka step ka jinglong jong ki kan kylla bad kan pher na kaba ki long mynshwa. Kin long ki briew kiba jai jai, bad haba ki kren ki khana ne ia biria ruh kim long shuh kumba ki long mynshwa. Ngin shem ba ki kyntien sih kiba ki ju pyndonkam khah khah ruh, mynta pat ki la jah. Bad lada ki kren ki khana ia kaei kaei ruh ki long ki mat kiba shongnia bad kiba donbor. Kine ki briew ki la pher ha ki liang baroh, ka rukom iaid, ka jingleh jingkam, bad man la kaba ki leh ki don kata ka jingkitkhlieh halade.

Ka kam Phylla (ii) :- Don bun ruh ki khynnah ne ki rangbah kiba shu i leh sngewsih ne leh marwei, i kumba kim don paralok ne mano mano ban ia jan bad ki, kam dei eh ba kim don paralok, hynrei ka jinglong ka jingmut jingpyrkhat jong ki hi ka paw kumta. Haba peit ia ki i kumba ki bun kam palat, kim i don por ban ia khana ban ia biria. Lada kine ki juh ki briew kin pyrshang ban pynkılanmet ialade kin pher ka jinglong na kaba mynshwa. Ka jingpynkılanmet kaba man la ka step ia ka met la jong ka wan rah ia ka jingmut jingpyrkhat kaba pura ha ka Imlang ka Sahlang. Tang hadien katto katne bnai ngin shem ba kine ki paralok kiba ju leh mutlop baroh shi katta, mynta pat ki long kiba sngewtynnad bha ban ia khana ne ia biria. Ki long kiba donakor bad kiba jai jai bad ngin shem ba ki long kiba kloï ban iarap ha kino kino ki jingeh jong u paralok jong ki.

Ki Kam Phylla (iii) :- Ki Nongkılanmet kiba la don ia ka **MON BAJWAT HALADE** ki long ki briew kiba la ngam jylliew **“BAN PYNDAP PYNBIANG IA KA**

IMLANG KA SAHLANG KABA PURA BAD KABA SUK BASAIN", kata ka mut ki don ka kam ha ka jingim jong ki ban wanrah kham bun ka jingbha jingmiat bad ka jingsuk ha ka jingiadei bad ki para-briew.

Ki Kam Phylla (v) :- U/Ka Nongkilanmet kiba la don ia ka MON BAJWAT HALADE ki kham ieid ban pynkilanmet ialade ha ki jaka kiba kham kynjah. Dei tang haba ki don Marwei ki lah ban sain dur ia ki rukom kilanmet kiba kham janai bad kiba phylla. Ki sngew tynnad ban pynleit jingmut khambun ia kiei kiei kiba ki kham sngewtynnad bad ban pynurlong ia ka jingthmu babha kaba ki la saindur.

KA KILANMET U MAWKORDOR KA JINGIM.

Bah Snenglem A. Kurbah.

1. Ko hep barit khynnah tipsngi,
To pynkilan ki kjat ki kti,
Lynti babha ia phi ka plie,
Dang Saw tyngab ngi dei bad khie.
2. Wat thiah jaituh wat thiah jai-sngi,
Ba jem ka met ki kjat ki kti,
Ka met ka tlot ka swai ka ring,
Ngim lah ban kit ban bah ding ding.
3. Phi tei la met, phi tei ka Ri,
Baroh ki briew ki khmih lynti,
Jingshngain jingsuk to buh haphang,
Ka suk ka sain Imlang Sahlang.
4. Nangmih ki sngi nangmih ki ia,
Ki heh ki ksah ban khlain pura,
Ki kam ki jam kim ju sah teng,
Phi khlain ban her sharum shaneng.
5. Ka kilanmet U Mawkordor,
Ban ioh ia u ngin hap sei por,
Ka met ka koit kam ju jai-sngi,
Jabieng ka proh kylleng ka Ri.
6. Ynda Rangbah ba dap ki ksah,
Ka khlain ka trei, ka kit, ka bah,
Kylleng jaka mareh bad rwat,
Ban pynher krad i'u jait-dakaid.

II

7. Ka Kilanmet ka lad iada,
Ban lait jingpang, jingur, jingma,
Iada lade ka dei ka hok
Ban lait shukor ban lait ka thok.
 8. Imlang Sahlang ka iaaid shaphrang,
Ba don ka met khiah-krat khiah-stang,
La dieng pynkiang ki ker haphang,
Ki Nongkilan ki iaaid naphang.
9. Ban sain muluk hima pyrthei,
Ban suk ki khun shynrang kynthei,
Jingmut pyrkhat ka khuid suba,
Ban lait jingsniew ki kam kynsha.
 10. Jingdih bakhor ka Kiad, Duma,
Ngi kiar ia ki kum 'dewthala,
Jingim kordor ngi hap kynshew,
Jingim babha bad bakhia thew.
11. Baroh ki briew lyngngoh ki ang,
Kattei karta ki trei na phang,
U Mawkordor ka Kilanmet,
Naduh dangrit ki smat ban kheit.
 12. Wat la karta la slem kynjang,
Kum juh ki khlain ban iaaid ban shang,
Nongwei shisngi um nud bad tur ,
Ba khlain tyrpeng ka heh ka sur.
13. Nongtuh shohnoh shynrain ban paw,
Ba tang shithab un her sha khlaw,
Baroh ki briew ki sngewtynnad,
Ban don ka met ka phad khiah-krat.

KHASI MARTIAL ARTS INSTITUTE

Mawlai Mawdatbaki

SHILLONG - 793008

Regd. No. SR/KMAI-182/90

Estd. 16th May, 1988



**KA KILANMET BAN IADA
IA LADE KA DEI KA HOK NONGKYNTI**

**NGI AI JINGHIKAI WAT IA
KIBA LAH 50 SNEM KARTA**

B. Mawlong
General Secretary, KMAI

"KEEP FIT AND STRONG"

People's Health, Nation's Wealth

PHI LAH BAN IOHI IA

U MAWKORDOR KA JINGIM

HA KA

VIDEO CASSETTE BA LA PYNMIH

DA KA

SHYLLONG GYMNASTICS INSTITUTE

BAD KA

KHASI MARTIAL ARTS INSTITUTE

SYNGKHONG RYMPEI THYMMAI

Regd. No. SR/SRTMCM-207/90

Estd. 14th April 1990



**La Khot ia baroh ki para Ri ban ia snoh
kti lang bad ngi.**

“La Jaitbynriew ban Ky iew”

S. A. Kurbah
General Secretary